



## REVENGE

On the Dynamics of a Frightening Urge  
and its Taming

BY TOMAS BÖHM AND SUZANNE KAPLAN

FOREWORD BY VAMIK VOLKAN

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The aim of this book is to focus on revenge as a *neglected and insufficiently understood psychological mechanism* in a broad spectrum ranging from the many and varied revenge acts of everyday life to the extreme societal destructiveness of genocide.

The authors describe in Part I the relationship between humiliating trauma and violence and show with examples how trauma related affects will have an effect on the outcome of the revenge spiral. In Part II they highlight and develop models important for an open reflective mental space conceptualized as 'space creating'. It will have been made clearer the necessity of refraining from - and concrete ideas of what we can do to stop the destructive revenge. The dilemma of the professional helper, the consequences of listening to traumatic memories and revenge fantasies, so called vicarious traumas are also taken up.

### Selection from the Contents

- The Revenge Motif
- The Psychology of the Revenge Spiral
- The gray zone between revenge and restoration
- The destructive group
- Why does the revenge spiral continue? Among victims and perpetrators
- Revenge in everyday life – relationships in couples
- Revenge from a gender perspective: abuse of women
- Extreme collective violence: the example of Rwanda
- Refraining from revenge
- Surviving psychic trauma
- Stopping the revenge spiral
- Restoration and reconciliation

### About the Authors

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\*Please note this price is correct on going to press, but is subject to change on publication

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